

Clarke Courier

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Clarke Courier

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Nicaraguan professor teaches at Clarke

by Judy Bandy

Professor Antonio Ybarra-Rojas of the University of Dubuque is teaching the social problems class this semester at Clarke. It is a subject with which he, unfortunately, is well acquainted. Despite a busy teaching schedule, Ybarra-Rojas is very involved in the political turmoil taking place in his native Nicaragua. Last week he accompanied a group of Latin-American congressmen to Washington D.C. for discussions on the peace accords in Central America.

Ybarra-Rojas, a former researcher at a Nicaraguan university, said the Sandinistas have been a disaster for his country. "Under Somoza, we fought hard for and won autonomy for the university, only to lose it again under the Sandinistas." He said the present regime has intensified instability in the country and caused tensions with its neighbors.

"President Ortega has testified that he will allow free elections, but unlike the United States, leaders in that region, although willing to give

up the office, are not willing to give up the power. If they can maintain control of the army or other political segments of the society, then the newly elected officials are helpless," he said.

However, Ybarra-Rojas does not think the Contras are the solution to the problems in Nicaragua. "At best, they may be an incentive for the Sandinistas to come to the peace table, but ultimately, we must ally ourselves with the democratic nations in the region who are committed to a peaceful resolution of the area's conflicts."

Ybarra-Rojas thinks that the intensity of hostilities has escalated to such a degree in Central America that the whole region is under pressure to diffuse the situation or face dire consequences. "Everyone knows that if the peace accords don't work, we face a real chance of regional war where the United States could get pulled in."

He said the peace conferences hold the greatest hope for a lasting settlement because the Sandinistas

are well aware that anyone who breaks away from the peace table will be black-listed.

Concerning Contra aid from the United States, he agrees with a suggestion put forth by Guatemalan President Cerezo that the money should be put in escrow and released only if the Sandinistas do not cooperate in the peace accords. Ybarra-Rojas said that with people like Speaker of the House Jim Wright and Miguel Cardinal Obando y Bravo taking part in the negotiations, he is very optimistic about the outcome of the peace conferences.

Ybarra-Rojas worked for the Organization of American States from 1979 to 1981. The organization includes North America, South America, Central America and the Caribbean countries. His work involved researching peasant production systems and developmental issues.

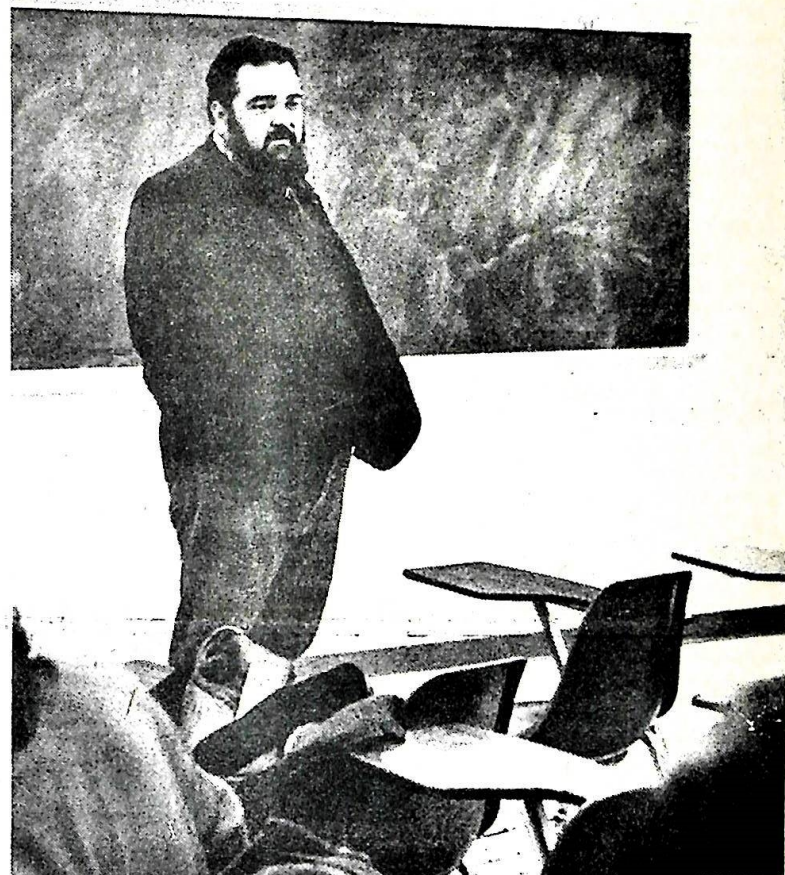
In 1981 he was invited by the World Food Institute to bring his research data to Iowa State University where he taught and worked on his doctorate until 1986. This spring

he plans to present his dissertation, "Typology of Agrarian Production Systems by Relations of Reproductions in the Pacifica Sur Region of Costa Rica."

"The work represents the surveying of 2000 rural households and deals with identifying diverse production systems, agricultural commodities, labor markets and the rural

social stratification of the region," he said.

Ybarra-Rojas would like to return to Nicaragua some day, but only if Democracy is established. "If I went back now, I'd probably end up in jail. The way things are, I would have to teach what the government tells me to teach and I'm not willing to do that."



Nicaraguan Professor — Ybarra-Rojas, a University of Dubuque professor and Nicaraguan native, lectures to his social problems class at Clarke. Ybarra-Rojas teaches the course at Clarke. (photo by Kelly Smith)

Dole, Gephardt winners in Iowa caucus

by John Kemp

Robert Dole's win in Iowa Monday night didn't come as a surprise to many voters and political analysts, since a Des Moines Register survey selected him as the favorite candidate among Iowa voters long before the caucuses.

The Kansas senator received 37 percent of the vote in the Iowa caucus, outdistancing Vice President George Bush, who finished a comfortable third. The big surprise of the evening, however, may have been Pat Robertson's second place finish with 25 percent of the vote.

While the Des Moines Register had predicted George Bush to finish behind Robert Dole, the second place finish by Robertson surprised many people, including Dole. In a statement after the caucuses Dole remarked that Robertson's finish came as a surprise to the other Republican candidates. "I was surprised, no doubt about it."

On the Democratic side, Missouri Representative Richard Gephardt

won the first battle in the presidential race with 27 percent of the vote, edging out Illinois Senator Paul Simon and Massachusetts Governor Michael Dukakis.

Dukakis, who is the clear favorite in the New Hampshire primary on Monday, told the Associated Press that he was "pleased" with his third place finish in the caucuses. "Ten months ago, people in Iowa knew very little, if anything at all, about Michael Dukakis, so I think we've come a long way, but it's not over yet."

With the Iowa caucuses now completed, the Democratic and Republican presidential candidates head off to New Hampshire to do the same stunt they did in Iowa. Since New Hampshire is a primary state, the delegates to the 1988 Democratic and Republican national conventions this summer will be elected directly from the primary ballot.

If Dukakis should win the New Hampshire primary, and Gephardt and Simon finish second or third, all

three candidates will have about the same number of votes heading into Super Tuesday on March 8.

Bush, who needs a victory in the New Hampshire primary to put his campaign on solid ground and place him ahead of Dole, believes he can come back to win the nomination and the presidential election.

"I'm a fighter. I'm going to come back. I'm not going to be slinking around here. I can't say I'm not disappointed, but I'm not down," said Bush in an AP article in the Telegraph Herald.

Simon, on the other hand, was pleased with his second-place finish and remarked on NBC-TV's Today program that he is optimistic about winning the Democratic nomination. "I think we have a real shot at doing this thing."

With Gephardt and Dole both coming out as winners Monday night, voters in New Hampshire are now given the opportunity to select the candidate they believe is a suitable choice for president.



Iowa Caucus — Voters from Precinct 12 listen to the precinct chairman at the Mt. Carmel Motherhouse in Dubuque. Voters in Iowa turned out in record numbers Monday night to select Missouri Representative Richard Gephardt and Kansas Senator Robert Dole as their choices for president. (photo by John Kemp)

Political education important in choosing the right candidate

by Charles Maynard

With all the media coverage of the political campaigns, you'd think the elections were being held next week. With our first-in-the-nation caucus status, Iowans especially have suffered through the political backstabbing, promises and commercial bombardments.

Luckily, this is the United States and people are blessed with the right of free speech. Unfortunately, some have forgotten that they also have the right to remain silent. During the campaigns, everyone has opinions and are only too willing to share them. The system of saturating people with political statistics may not be so bad. At least it educates people.

Political education is important in the battle against choosing candidates for frivolous reasons. Are Pete DuPont's enviable fashion sense and Gary Hart's attraction to beautiful marine companions desirable presidential qualities? Does the United States need to reinstate voter literacy tests?

Some Clarke students are confused or feel less than adequately informed. The very busy schedule of a Clarke student doesn't leave an abundance of time to read newspapers and watch news.

Barb Wille was pleased that information about presidential candidates has been made available on campus. "It's good that information is

handed out. Sometimes it's the only source we have if we don't see a newspaper," she said.

The field in both parties is still wide open, which explains why so many voters are currently undecided. Mike Pankow said he doesn't have a particular favorite yet. "I'll wait until after the primaries when there are just two people, a Democrat and a Republican. It doesn't matter since presidents never seem to do a good job anyway."

One person whose political thoughts are far from apathetic is Rachel Bell. She is actively involved in the Jesse Jackson campaign. "It began when I was contacted by a friend of Monique Wittington who asked me to be a campus representative. My job is simple. I try to get information across to people." Bell, who would like to pursue a career in politics, said this type of involvement will look good on a resume.

Bell said she sees a lot of apathy. "I find that the people who show an interest in Jackson or in politics do so because they are already politically involved," she said.

While Clarke's policy is to grant any major candidate's representative the same courtesy, some students are skeptical. "I don't really think the administration expects to see a campus representative supporting a candidate from the far right here at

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Editorial

Editor finds way to combat cool temperatures in Mary Josita Hall

by Cindy Vande Drink

I'd like to address the problem of the regulation of heat throughout Clarke's facilities.

First off, I'd like to know at times, why one side of Mary Jo Hall is so warm? People actually keep their windows open, so that they don't roast to death. But on the other side of the hall, people have to pile on three sweatshirts, and two pairs of long johns to keep warm.

Walking to class these last couple of weeks has been ridiculous. Granted, I live in a dorm so I never have to go out in the cold to attend class, but why are the corridors so cold? The classrooms blow nothing but cold air from the vents. It is so uncomfortable and to concentrate in class is next to impossible when you're frozen and have chattering teeth.

Another strange phenomenon is how can my room blast out the heat and two rooms down from me, two girls freeze from no heat?

I'm sure that there will be one suggestion brought to my attention. To regulate the heat, just turn the black knobs on the vents in your room. Well, guess again. In most of the rooms, these knobs are useless.

Last week, Mary Ben dorm was so cold, that this week a lot of the girls have colds. This isn't a very good thing to have happen, being that it's bitter cold outside as well.

The question still stands. Why are the temperatures in all the buildings so varied? Surely this has to cost a fortune to Clarke. I

realize that the age of each building is one reason. But even the "new" buildings are cold.

In the three and a half years I've attended Clarke, I have never had a room that was so uncomfortable to be in until this year. I actually had a nose bleed from my room being so dry. I went out and bought a humidifier because I just couldn't stand it anymore. This humidifier has helped not only my nose, but my room actually has moisture.

My solution to the roasting heat in my room has been to purchase that humidifier. But what about those people who can't just run out and plunk \$40 down and cart home this wonderful machine? What about those people that are suffering from incessant colds due to the heat/no heat extremes? Incidentally, I hope all of you cold sufferers had a chance to read last week's article on keeping the flu bug from plaguing your life.

A solution would be to install individual thermostat control units in each dorm room. As I recall, this didn't take too long to install over in Mary Fran Hall and everyone could adjust the heat in their room.

I wish that when the control units were installed in Mary Fran, they would have known if the units were going to get a chance to be used for more than a season. Mary Fran is closed now, with perfectly good working control units for heat and the rest of the dorms are stuck wondering day by day what temperature their rooms will be.

Commentary

Valentine's Day is special

by Theresa Trenkamp

Valentine's Day is Sunday, Feb. 14. This day is set aside each year to recognize the love that someone has for another person. The day is often thought of as a "sweetheart day." Candy, flowers and greeting cards are popular gifts for someone special on Valentine's Day.

"Sweetheart day" is also a day when people treat their special person to dinner and dancing. But why do people treat their sweetheart special only on this day? I feel that if a person cannot express their feelings throughout the year than why express them on Valentine's Day?

A friend of mine told me that her husband wanted to take her out for dinner and rent a limousine for Valentine's Day. She thought the idea was nice but she said "No" because it is just another day and her husband doesn't treat her that nice very often.

I feel that this "sweetheart day" can be very special and it can be very lonely for some people. Valentine's Day is a day for love and expressing that love but for others it can be a depressing day if there is no one to share your love. This day is also a day when people remember a special love they once had and that can also be depressing.

Valentine's Day has a myth. This myth evolves around a cupid. A cupid is defined as "the Roman god of

erotic love; a naked winged boy often holding a bow and arrow." Once this cupid "shoots someone with his 'love arrow' they lose their minds when they are buying gifts. I work at a store that sells valentine gifts such as three foot cards, a bouquet of balloons and certificates declaring love for someone. These gifts are cute, but they can also be foolish.

I can't imagine why someone would want to purchase a crazy gift for this occasion. Roses and chocolates are nice but just hearing "I love you" should mean more than any gift that you could purchase.

Cupid "strikes" people every day in different ways. He brings us different types of love and it is up to the "stricken" individual to carry on this love. When cupid "strikes" it is hard for some people to realize that he has. Many people have a hard time admitting they have feelings for another person. I do not know the reason for a person's actions, but I do know it is harder for some to admit they have special feelings than it is for others. I hope that Valentine's Day is a time when it is easier for these people to express their feelings.

I hope your Valentine's Day turns out the way you want it to and that cupid "strikes" you in a way that you will always remember. Valentine's Day is not the only day to express your love for someone.

Valentine Day Dance
Saturday, Feb. 13

Dubuque County Fairgrounds

4-H building 9:30 p.m. -1:00 a.m. Music by Scorpio Productions.
Shuttle van service 9:15 p.m.-9:45 p.m.

The Cure needs quality time in album

by John Slegworth

The Cure have finally broken through on the American charts with a hit single and an Electra LP, Kiss Me, Kiss Me, Kiss Me. In describing this two-record set, I reluctantly find myself using a worn-out rock cliché: Their last album was better.

This British progressive pop band has been recording for nine years and greatly influenced current musical trends. They recorded songs back in 1979 which, if released today, would be considered state-of-the-art.

The Cure's image is very much dominated by singer and guitarist Robert Smith. Smith, a multi-talented producer, songwriter and all-around musician, reminds me of Prince in the way he handles the image, the music and the artwork.

The album jacket, with its handwritten song titles and its photographs of lips and eyes, seems to suggest that this album is a personal work of art.

Unfortunately, this group doesn't seem to have put much time or effort into the music on their album. Consequently, the artistic snob image

tends to be a shallow disguise for a pop album produced much too quickly.

The theme for the album appears to be repetitious. You'll notice the album title repeats itself. There are also many songs with repeating lyrics and single riffs that seem to go on forever.

Many of the songs, such as The Kiss, have introductions of up to three minutes long. When the song itself is only about a minute and a half long, this can be like eating a cake with two-inch high frosting, especially if the introduction is nothing more than a repeating riff with a monotonous guitar solo. For an example of long introductions, listen to The Cure's current hit single, Just Like Heaven. This is one of the shortest introductions on the album.

When I hear a riff repeated for several minutes without a discernable change, or every other line in the song is shouted several times without an apparent purpose I tend to think this is filler material designed to make a short album longer.

The album is not without virtue. The aforementioned single has an appealing melody that sticks in one's mind for hours. Catch is appealing because it is refreshingly different from everything else on the album.

My favorite song on the album is How Beautiful You Are, in which Smith explains to a former lover that he now hates her because she demonstrates her own hate and prejudice.

I must admit that, in general, I tend to find The Cure's music to be more enjoyable than most of the music we are constantly subjected to on the airwaves.

With proper editing, Kiss Me, Kiss Me, Kiss Me could have been a single LP and sold more copies at the lower price. There wouldn't have been any significant loss of content, since most of these songs should've been two minutes long in the first place.

I also think The Cure should put more time into their songwriting and concentrate on quality rather than quantity.

Coffin a guest speaker at UD

by Johann Willrich

Rev. William Sloan Coffin, president of the anti-nuclear coalition, SANE/FREEZE, spoke on "The Road to Peace on the Road to the White House," Feb. 2 at Westminster Presbyterian Church.

Coffin, a former CIA operative, clergyman and long-time peace activist spoke before students, faculty and townspeople in a lecture sponsored by the University of Dubuque's Clarence Griep Memorial Foundation.

Coffin opened with a few comments about the ideals of college students today. He said that if students can achieve a balance between the two, they will have a better understanding of their life.

"The stone age may return on the gleaming wings of science," Coffin said, quoting Winston Churchill. "Although we are already capable of destroying the world 25 times over, we continue to produce warheads at the rate of three a day." He said that with the number of nuclear weapons already present, the best America can hope for is a first-strike capability, which will cause the Soviet Union to have to rely on an automatic

retaliation device. "To take all that destructive power and place it in the hands of a cold impersonal computer which has been known many times to fail."

Coffin cited economic reasons for arms reduction saying that the proposed trillion-dollar defense budget could be better spent on funding education programs, housing the homeless and relieving other problems here at home rather than pouring it into destabilizing the governments of third-world nations.

"Reagan is not trying to supply a group of freedom fighters, but to undermine the power of the Organization of American States," he said pertaining to the funding for the Nicaraguan Contra group. Coffin added that while many nations have recognized the Sandinista government of Nicaragua, only the United States recognizes the Contras. "Aren't we concerned with what the rest of the world thinks?" he said. Coffin went on to list a number of other Latin American nations where the U.S. had intervened to depose or destabilize a duly-elected democratic government.

Coffin returned to the issue of

nuclear arms and praised the progress being made in arms reduction specifically the INF treaty that stands before congress now. He warned that there could be no arms reduction until President Reagan relinquishes the bargaining chip of the Strategic Defense Initiative (SDI). "Like all bargaining chips, this one is all chip, and no bargain," said Coffin.

Coffin also called for more truth among members of the government on both sides of the arms race. "I envision a summit meeting between superpowers sounding like a confession, with each leader speaking honestly about what he has done and what he would like to accomplish."

Coffin also carried the concept of seeking truth from the government to the local scene, where he asked the college faculty and others who are familiar with the process of government to speak out if they believe the president was not telling the truth. He urged a press conference to air views on something they feel is relevant. He asked those present at the conference to sign up for this

Clarke Courier

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The Courier welcomes any comments or letters to the editor. All letters must be signed. The editor reserves the right to edit letters when necessary and to refuse letters deemed unsuitable for publication. All correspondence should be addressed to the Courier, Box 436.

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Koepnick

by Vanessa Van Fleet
Freshman year is usually marked by intimidation, exploration and trial and error. This week's athlete of the week, Kim Koepnick, has found the 1987-88 season relatively smooth.

Koepnick, a secondary education major from Viroqua, Wis., has become a major factor on the 1987-88 women's basketball team.

As an off-guard player, Koepnick has taken on the responsibility of playing the teams point guard. This added rewards a lot of praise. Although Koepnick has not intended to play that position, she came in and took over as a real team leader.

In the beginning, Koepnick admitted that she did not know what was expected of her. But according to Maggie Dittburner, women's basketball coach, Koepnick is a natural leader.

Aerobics cons

by Ann Steer

This is the time of year when college students are plagued by many stressors. Whether it's exams, students have a need to expel energy. A constructive way to release energy is through exercise, particularly aerobic exercise. Doing

aerobics three to four times a week for approximately 25 minutes can be a key ingredient in a person's overall well-being. Besides exercise, a person needs to eat right and get plenty of rest to maintain a healthy body.

For college students, these habits can be hard to form. However, with a little time-budgeting, exercise can be included in everyone's daily routine.

Anita Kline and Chrissy Sturgeon find time to exercise. They offer aerobics to anyone interested each weeknight at 4:30 p.m. and 7:00 p.m. Saturdays and Sundays at 1:30 p.m.

They both stress that it is not a class and that they are not the leader. "It's just that I have the tape and everyone else if they don't know it," said Sturgeon.

Sturgeon loves to exercise. Before she found a structured program, she danced to music on the radio. After a suggestion by Clarke's nurse, Julie Fonda's Workout, she decided to try it.

I would be interested in getting together to do aerobics, and Sturgeon does not view doing aerobics as a task. "I look forward to doing it every day. Even if no one else is, I still do it by myself."

While there has been a lot of enthusiasm for the program, Sturgeon is happy to see more people find it better when more people attend. "I like it when a lot of people come. It gets everyone going," she said. Likewise, Kline

enjoys the spring and summer months. "I like the warm weather. I like the fact that I can run outside and not be in the gym."

During the winter months, Kline enjoys the fact that she can run outside and not be in the gym. "I like the fact that I can run outside and not be in the gym."

Sturgeon's workout consists of a 10-minute warm-up, 15 minutes of aerobics and 15 minutes of stretching. She stresses that the aerobics and stretching are the most important parts of the workout.

Koepnick takes goals seriously as a team leader

by Vanessa Van Fleet

Freshman year is usually marked by intimidation, exploration and transition. This week's athlete of the week, Kim Koepnick, has found transition relatively smooth.

Koepnick, a secondary education and English major from Viroqua, Wis., has become a major factor on the 1987-88 women's basketball team.

As an off-guard player, Koepnick has taken on the responsibility of playing the teams point guard. This added responsibility has brought on many rewards and frustrations. Although Koepnick had not intended to play that position, she came in and took over as a real team leader.

In the beginning, Koepnick admitted that she did not know what was expected of her. But according to Maggie Dittburner, women's head

basketball coach, Koepnick has handled her new assignment well.

In previous games, Koepnick has led her team in deciding and executing plays both on and off the court. As a freshman, she has shown outstanding ability to be a good team leader, according to Dittburner.

A first-year Crusader, Koepnick was somewhat intimidated by the thought of college basketball. Many questions went through her mind. She said, "I used to ask myself, 'Will the team accept me?' Will I get to play?" These questions seem trivial to her now, she says.

When Koepnick entered the season, she had a few major goals set for herself. The first goal was to give all that she could during each game. Secondly, her goal was to become a major scoring threat and thirdly, Koepnick wanted to be able to play well with her teammates.

Koepnick believes she has accomplished some of those goals. For one, she has the potential to become a major scoring threat and secondly she has learned how to work well and

get good cooperation from her teammates.

"Kim is improving every day and is learning to move towards the ball, which in turn is making her open to score," said Dittburner.

During the past few games, Koepnick has had a greater opportunity to be in the scoring position. With senior starter Shelly Boudreau out with an injury, Kim has begun to pick up the scoring slack.

When Koepnick was asked how she felt the team was playing as a whole she said, "We always play an even second half, but the first half of the game is where we seem to fall apart. We need to find that perfect chemistry on our team where we can use everyone to the best of their abilities."

Koepnick also said it was very difficult to not have the home court advantage. "When we have seven different home courts and one of them isn't regulation size it makes it very difficult for us to ever get used to one court. It's like we're always at an away game."

One aspect of basketball that Koepnick really enjoys is the team loyalty and camaraderie. "We're able to get along so well both on and off the court, we even have nick names for each other such as: Bean, Pooh, V, Tig, Kat and Woobie. It just seems to make the season much easier and more enjoyable."

With the end of the season approaching, Koepnick believes the team still has some major goals to

fulfill. First, to play each game as well as they can, secondly to improve the team record and thirdly to find a team chemistry that works. The number one goal left is to have fun.

Both Koepnick and Dittburner admitted that the season has been very unique.

When Koepnick isn't enjoying the game of basketball, she can be found playing on either the Clarke tennis or golf team.



Koepnick

Kramer appointed ski instructor

by Michael Cissne

During the winter season, many area residents spend their leisure time skiing the slopes at Sundown Ski Resort on Asbury Rd., Dubuque. Clarke students who go to Sundown may see a familiar face while skiing.

Al Kramer, a senior computer science major, recently became a certified ski instructor for Sundown.

Kramer has been skiing since he was 12 years old. He has never taken a lesson and has skied every winter season since.

One of the benefits Kramer gets with his job is that he is allowed to ski at no charge whenever he wishes. All he has to do is wear a name-tag and he can ski free.

Kramer enjoys being a ski instructor because of his love for the sport and the good feeling that he gets while other people learn from him.

Kramer has had the chance to meet many people while working at Sundown. He is getting to know the "regulars" who ski all the time, plus the newcomers. He sometimes instructs 30-40 new beginners each day.

One of Kramer's good friends has been a ski instructor for a long time. "He told me how fun it was and he told me that Sundown would be hiring soon, so I thought I would look into it," said Kramer.

At first, there were 35 people interested in the instructor positions. By the time the applicants had been questioned and tested on their skiing knowledge and ability, 25 people had dropped from the running. The remaining 10 people were individually interviewed and required to perform a mandatory skill test which demonstrated their skiing ability. All

ten, including Kramer, were accepted to be instructors.

Kramer's duties at Sundown include instructing both the beginner and intermediate skiers. "I basically teach beginners how to go down the bunny hills without falling down," said Kramer. But there is actually a lot more to it than that. "I teach them how to stop, turn, use the tow rope, keep balance and how to be a safe skier," he added.

Kramer works at Sundown two or three days a week for a total of 12-15 hours. Working this much is not the only interference with Kramer's computer science studies. He also spends 20-25 hours a week working at the Pickle Barrel in Dubuque. "I'm a jack of all trades," said Kramer.

Kramer, who is the night-time manager of the well-known area sub shop, started working as a delivery boy in 1982. He was able to get the job with a little help from his mother, who has been a daytime manager at Pickle Barrel for the last eight years.

"My actual responsibilities include cooking bread, making subs, preparing subs and occasionally delivering them," said Kramer.

Starting this week, Kramer will attack one more job experience, as if two weren't enough for him. Kramer, who is hoping for a computer programming career, will be working at the Dubuque County Courthouse in the county supervisor's office as part of a cooperative education placement. He expects to spend ten hours a week with this position.

Kramer certainly has enough work to keep himself busy with these three jobs while he finishes his last semester at Clarke.

Aerobics constructive way to cure cabin fever

by Ann Steer

This is the time of year when cabin fever plagues many students. When this happens, students have an incredible need to expel energy, or else they may experience stress.

A constructive way to release energy is through exercise, particularly aerobic exercise. Doing aerobics three to four times a week for approximately 25 minutes can be a key ingredient in a person's overall well-being. Besides exercise, a person needs to eat right and get plenty of rest to maintain a healthy body. For college students, these habits can be hard to form. However, with a little time-budgeting, exercise can be included in everyone's daily routine.

Anita Kline and Chrissy Sturgeon find time to exercise. They offer aerobics to anyone interested each weeknight at 4:30 p.m. and 7:00 p.m. Sturgeon also offers aerobics on Saturdays and Sundays at 1:30 p.m. They both stress that it is not a class and that they are not the leaders. "It's just that I have the tape and know the routine, so I can help everyone else if they don't know it," said Sturgeon.

Sturgeon loves to exercise. Before she found a structured program, she danced to music on the radio. After a suggestion by Clarke's nurse, Julie Hemmer, she decided to try Jane Fonda's Workout. "Julie asked me if I would be interested in getting a group together to do aerobics, and I thought it was a great idea," Sturgeon does not view doing aerobics as a task. "I look forward to doing it every day. Even if no one shows up, I still do it by myself."

While there has been as many as ten people, five or six enthusiasts usually join in. Sturgeon finds it is better when more people attend. "I really like it when a lot of people decide to come. It gets everyone going," she said. Likewise, Kline is happy with the response.

Kline started doing Jane Fonda's Workout last semester. She found that doing aerobics with her friends boosted her morale. "We help each other," said Kline.

During the spring and summer, Kline enjoys running. However, during the winter she finds it impossible. "I don't like running in the PAC, so aerobic exercise works out well as an indoor activity."

Jane Fonda's Workout consists of a 10-minute warm-up, 15 minutes of aerobics and 15 minutes of exercises concentrating on the abdominal muscles, hips, thighs and buttocks.

It is important to pay attention to your breathing while performing the routine, according to Kline. If you become breathless, slow down your pace. For proper breathing, Kline says to place your hand on your abdomen and feel it expand as it fills with oxygen. This technique is important when you need the maximum amount of oxygen to burn fat, which provides energy.

Other tips that should be followed include: standing tall; keeping your stomach pulled in and keeping your buttocks tight. Sturgeon says she likes to follow the tape because it helps her to be conscious of performing the exercises correctly.

The routine does not call for a true athlete; anyone can perform the exercises. Jason Volkoff asserts that aerobic exercise is not just for women. He says he enjoys doing aerobics because they help keep him fit. "Since I quit basketball, it has been a great way for me to stay in shape. I lift weights, but I find that aerobic exercise helps my flexibility."

Volkoff enjoys doing aerobics for other reasons too. "There's a lot of camaraderie. At dinner everyone asks, 'Hey, are you doing aerobics tonight?' I've made some new friends too," said Volkoff.



Let's Get Physical — Chrissy Sturgeon and Jenny Deacon do the aerobics to the Jane Fonda Workout videotape in the Mary Ben Chapel. (photo by Vanessa Van Fleet)

Clarke Courier

The Clarke Courier is published weekly during the school year except during breaks and examination periods by students of Clarke College. The Courier is a member of the National Scholastic Press Association and the Associated College Press.

The Courier welcomes any comments or letters to the editor. All letters must be signed. The editor reserves the right to edit letters when necessary and to refuse letters deemed unsuitable for publication. All correspondence should be addressed to the Clarke Courier, Box 436.

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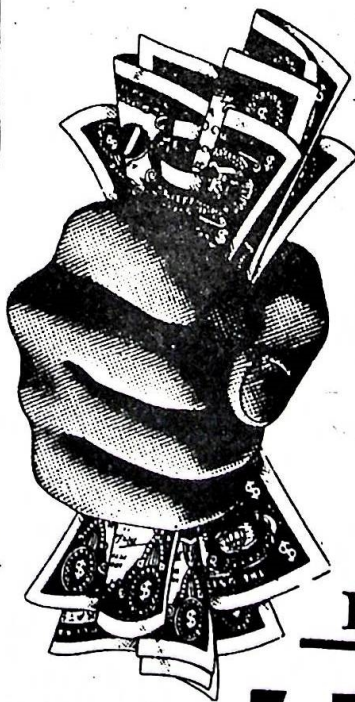
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Students get involved with political campaigns...

Clarke," said Kevin Kelly. Kelly, a strong supporter of separation of church and state, said he is not at ease seeing Catholic schools show political favoritism.

John Cotter thinks Clarke leans to the left because there is more of a Democratic following here. "Information on the Democratic candidates seems to be more readily available than on the Republicans," he said. Cotter said he doesn't belong to any party and just votes for the best candidate.

Cotter said he's tired of the backstabbing techniques. "It would be nice if they would all work together to make the country better," he said.

Tammy Kelleher got involved because she's concerned in making the United States a better place to live. "I really haven't decided who I'll vote for," she said. "I've done some

work on Bruce Babbitt's campaign, handing out flyers and so forth. I got credit in government class for doing it."

Kelleher is also concerned with the media coverage of the candidates' personal lives. "I don't care what the candidate did in third grade. It matters what a candidate says, not how he says it or how he looks," she said.

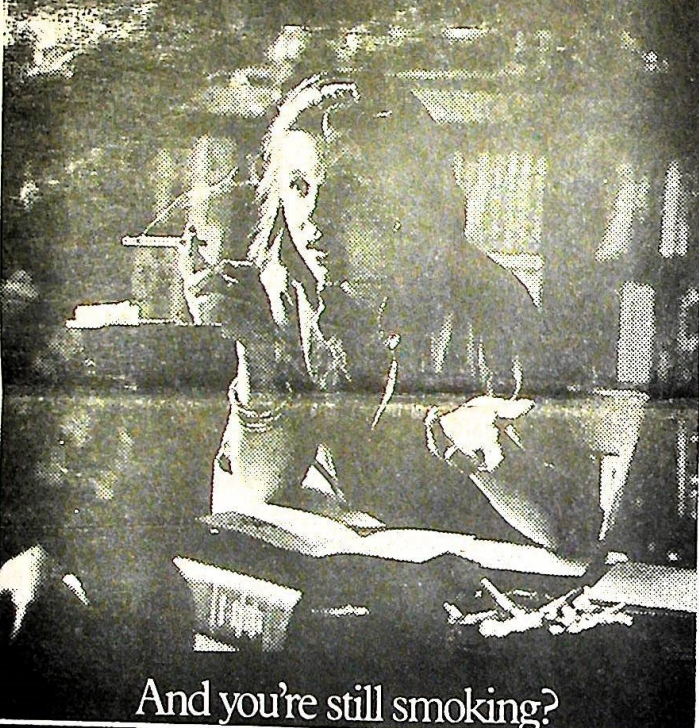
Kelleher said she gets frustrated with the apathy she sees sometimes. "When we worked on the Babbitt campaign, we'd approach people and they would run in their houses and refuse to answer the door. It's sad that more people don't want to get involved," she said.

Many people don't get involved at all. They don't even vote. Political education is the key and each person must take on this responsibility for herself or himself. After all, a careless decision is just as detrimental as not making one at all.



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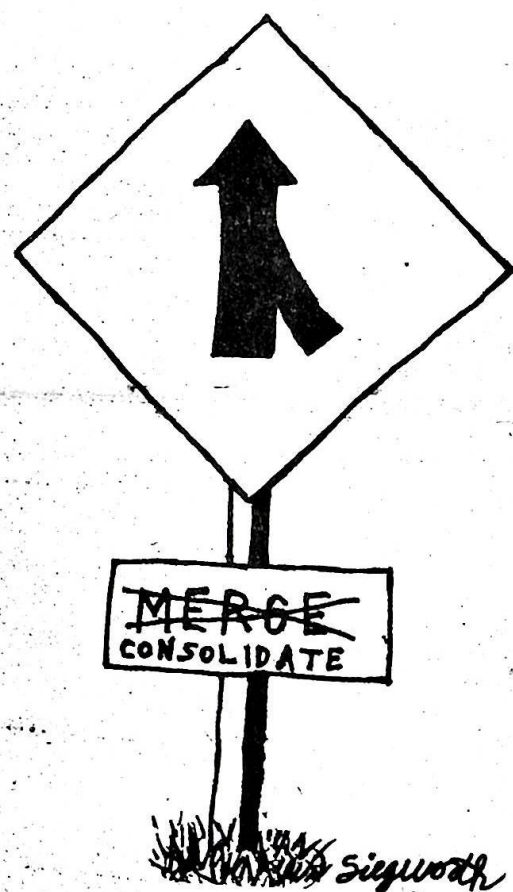


And you're still smoking?

Faculty Announcements

Professor Norm Freund has authored a book entitled *Non-violent National Defense - A Philosophical Inquiry into Applied Nonviolence*. The work chronicles historical examples of nonviolent alternatives to the military defense of nations.

S. Diana Malone, BVM, Ph.D., chair of the Clarke College chemistry department has been notified that the software package she designed, "Experiments in Colorimetry" was awarded a 1987 Classroom Computer Learning Award by *Classroom Computer Learning Magazine*.



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Volume LIX Issue 13
Quigley

by Ann Steer
Clarke's Quigley Art Gallery is one of the most unique and viceable galleries in the area. Because of this, several exhibits be shown at one time. The po walls are also very appealing tists because they can arrange walls in a manner that will en their work.

The gallery is a performance for art students, as well as p sional artists. Students may re mend an artist of their work t a slide portfolio of their work t previewed. The directors and t planning exhibits do not focus particular medium. The diversi exhibits that can be displayed s the flexibility of the gallery. A senior hoping to earn a Bach of Fine Arts degree must exhibit work to fulfill graduation quirements. Their exhibits are a person show, utilizing the mediu their choice. They must have a th statement submitted to the dep ment for approval. Students work

Hurley a lasting rela

by Charles Maynard

College life gives many things students. Whether a stude chooses to go to college to purs a major or avoid employment for additional years, he or she hopefully gain useful knowledge a student's college years chan there will still be an inexhaustab supply of good memories.

Melody Fadness and P.J. Hurley share many memories and an impo tant friendship. Fadness is a Clar graduate and Hurley is a curre ing the second semester of Hurley freshman year. Hurley said, "Fadness and I were weird and I liked it. prised they became such goo friends. They consider themselves t be from completely differer backgrounds. Hurley, a Des Moines native, said, "I'm from the city. Mel's from the farm."

Fadness was raised in Baudette, Minn. She said, "We really don't share much of a common background. As kids, while I was picking up dead animals on the farm, P.J. was probably picking up new clothes at the mall."

One of the things which has played a key role in keeping their relationship intact is their child, Jamie. Actually, Jamie is a gray rabbit that Fadness gave to Hurley last year as a present. Fadness said, "P.J. was going through a paternal stage, and I thought through a paternal answer to his problems."

Since children are not allowed to live on campus with their parents, Jamie lives at Hurley's parents' home. Hurley said, "Jamie lives in the lap of luxury. He has a penthouse

Have a Good